

The Indiana Youth Risk Behavior Survey (YRBS) is part of a nationwide surveying effort led by the Centers for Disease Control and Prevention (CDC) to monitor students' health risks and behaviors in six categories. The YRBS is conducted every two years among a representative group of Indiana students in grades 9–12. Below is an overview of this topic's key findings.

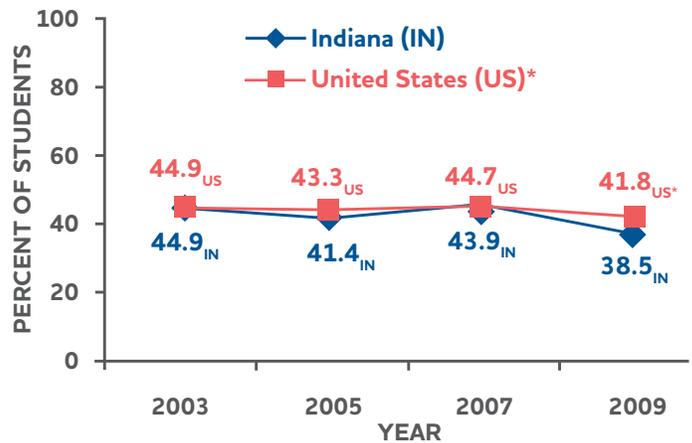
WHY IS THIS IMPORTANT? Alcohol use among adolescents is a major factor in homicides, suicides, motor vehicle crash deaths, and injuries. Heavy alcohol use among adolescents is linked with other risks, including cigarette and drug use, as well as increased sexual activity. Long term alcohol drinking can increase the risk of heart disease, certain forms of cancer, and liver disorders, including cirrhosis.

KEY POINTS

Compared to 2003–2007, Indiana high school students in 2009

- Were less likely to have consumed at least one drink of alcohol in the past 30 days; this rate was below the national average (Figure)
- Were less likely to have consumed at least one drink of alcohol at least one time during their life
- Were less likely to have consumed their first drink of alcohol before the age of 13 years
- Were less likely to have used marijuana at least one time during their life
- Were less likely to have used methamphetamines at least one time during their life
- Were less likely to have been offered, sold, or given an illegal drug by someone on school property during the past 12 months

FIGURE. Percent of high school students who had at least one drink of alcohol on one or more of the past 30 days—Indiana vs. United States, 2003–2009



Changes in Alcohol-related Behaviors Percentage of Indiana high school students who	2003	2005	Indiana 2007	2009	Compared to 2003–07, students in 2009 were
Had at least one drink of alcohol one or more of the past 30 days (Figure)	44.9	41.4	43.9	38.5	Less Likely
Had at least one drink of alcohol in their lifetime	77.8	75.0	75.2	69.2	Less Likely
Had their first drink of alcohol, other than a few sips, before the age of 13	23.9	21.8	21.9	19.9	Less Likely
Had used marijuana at least one time in their life	43.4	38.2	37.8	37.1	Less Likely
Had used methamphetamines at least one time in their life	8.2	7.0	6.2	4.1	Less Likely
Were offered, sold, or given an illegal drug by someone on school property in the past 12 months	28.3	28.9	20.5	25.5	Less Likely

TAKE ACTION — *What you can do to help protect high school students from alcohol and other drug use*

- Provide after school programs between 3–6 pm, when adolescents are generally unsupervised, that promote healthy activities
- Communicate with adolescents between 10–14 years of age about the dangers of alcohol and drug use
- Enforce drug free zone laws and promote non-alcoholic campus events for adolescents

*2009 United States YRBS data is provisional